



# 101 Youth Athletics Drills (101 Drills)

*John Shepherd*

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## **101 Youth Athletics Drills (101 Drills)** John Shepherd

Designed specifically for young athletes, this manual contains a wide range of progressive practice drills to help players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up, running, jumping, hurdling, throwing

As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the athletes.

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